



Weekly Health Tip:

How much Physical Activity do I need?

It's warming up outside and you're ready to ramp up your physical activity routine. You might be wondering how much exercise you need to reap the health benefits of a regular physical activity routine.

The Centers for Disease Control and Prevention (CDC) recommends adults do two types of physical activity each week to improve health— aerobic and muscle-strengthening.

The *2008 Physical Activity Guidelines for Americans* recommend the following options:



2 Hours and 30 Minutes (150 minutes) of moderate intensity aerobic activity (i.e. brisk walking) *every week*



AND

Muscle-strengthening activities on 2 or more days a week.

-----**OR**-----



1 Hour and 15 Minutes (75 minutes) of vigorous- intensity aerobic activity (i.e. running) *every week*



AND

Muscle-strengthening activities on 2 or more days a week.

-----**OR**-----



An equivalent mix of moderate and vigorous- intensity aerobic activity *every week*



AND

Muscle-strengthening activities on 2 or more days a week.

10 Minutes at Time is Fine

150 minutes each week sounds daunting. To put it into perspective, 150 minutes or 2.5 hours is about the same amount of time you might spend watching a movie.

You can break up your physical activity into 10 minute doses and spread it out each day over an entire week if that works best for you. Another way to look at it is 30 minutes of exercise on 5 days a week. Do what works best for you, the key is to get in moderate or vigorous effort physical activity.

Moderate intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. A good rule of thumb is that you're able to talk, but don't really want to. Here are some examples that require moderate effort:

- Walking fast
- Water aerobics
- Riding a bike on level ground

Vigorous-intensity aerobic activity means you're breathing hard and fast and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples:

- Running
- Swimming laps
- Riding a bike fast or on hills

Muscle strengthening activities are activities that strengthen your muscles. These can be done at home or the gym, here are some examples:

- Lifting weights
- Working with resistance bands
- Push-ups, sit-ups or other exercises that requires you to use your body weight for resistance
- Yoga

[See the complete article here.](#)

Source: CDC; <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>